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Parties, parties, parties! They're easy—right? Decorations, games: you know what you want and set them accordingly. But zap! **Comes the menu**, and you're way out on a limb again. Well, puzzling for salvation lies in a partnership thing, a kind of Party of the first part and Party of the second part. The first part typically organizes itself around the **Slim Basics** and the **Hearty Extras**. The basics are especially for the handsome he-men, while figure-conscious girls can fill up happily on the lower-calorie goods. But how can an unsuspecting partygoer tell the difference? If your group is really diet-dedicated, label **each dish** with its calorie value. Or put the basic foods in dishes of one color, the extras in another. A good idea for the weak-willed: **divide up the tables**. In one area (below) put the essentials. In another (opposite, below) delicious-if-you-want-them pluses. Both pickers and packers eat well.

PARTY PARTNERSHIPS



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...can band (foodwise) around it. Like all meat
 a shade high in calories but it's loaded with glow
 form of proteins. Coleslaw is low-calorie and burstin'
 vitamins. Bread? With this menu, breadsticks he
 think thin. Let the boys have buttered rolls. Dills and
 tard? Help yourself! The same goes for diet soda
 look at what scrumptious foods round out the m
 non-calorie-counters. There are spiced crab apple
 barbecue beans (how's that for flavor?) and regular
 to add fizz to the tempting picture. Desserts? Re

HIS HERS

1 slice baked ham	245	1 slice baked ham	245
2 large dill pickle wedges	30	2 large dill pickle wedges	30
2 teaspoons mustard	20	2 teaspoons mustard	20
1/2 cup coleslaw*	55	1/2 cup coleslaw*	55
1 7-inch breadstick	50	1 7-inch breadstick	50
8 oz. diet soda	5	8 oz. diet soda	5
Total calories	405	Total calories	405

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*Recipes begin on page 198



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